

Inadequate Growth (AK 14-USDA 135)

Explain to Participant Your infant or child is enrolled in the WIC program today because his/her rate of weight gain is below recommendations. An infant (0 to 1 month) has inadequate growth when, he/she has lost too much weight after birth, or doesn't gain back to birth weight by 2 weeks of age. As they get older, if the weight gain is less than the minimum expected based on recommended guidelines, it is considered inadequate growth. Infants grow at a faster rate, and then it slows down. Weight for age is a good indicator of infant/children's nutritional problems. Under eating and diseases are the main causes of abnormally slow growth.

Goal The goal is to try to improve your infant/children's weight and height gain through nutrition education, supplemental foods, and referrals to other health and social services.

Suggestions for Reducing Risk

- Follow the recommendations of your infant's health care provider.
- Explain the nutrition education materials suggested.
- Offer breastmilk or iron-fortified formula for the entire first year.
- Explain infant feeding cues and practices.
- Offer a variety of foods from all the food groups every day.
- Avoid the temptation to force-feed your child

Nutrition Education
Material Suggested:

**Food for Your Baby's First Year & Hot Food Facts For Cool Kids
You Can Help Your Child Gain Weigh**

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Iron Fortified Infant Formula	Protein, Calcium, Vitamins A & C, Iron
Iron Fortified Infant Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Bright Future for Infants